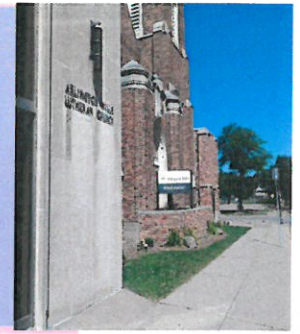


Arlington Hills Lutheran Church  
"LIGHT FROM THE HEIGHTS"  
July 2021



**Dr. Mitch Kinsinger**

**"Greetings Arlington Hills! I am very excited to be joining you in God's mission come July. While I may have had a bit of an unconventional route to congregational ministry, my entire adult professional life has been oriented towards a ministry of presence in the service of God's reign of peace and justice, God's 'shalom.' I am eager for the next chapter of my journey to be present with you in our shared ministry in the community. I wouldn't be where I am today without my family. I have three grown sons. My oldest son and daughter-in-law are recent parents to my first grandbaby who is a month old. (She is adorable , by the way!) They are in Seattle, happily a direct flight from MSP. My other two sons have partners and lived in Des Moines and St. Paul. Having lost my wife of 34 years to cancer two years ago, I have engaged in deep reflections about the tenuousness of life and God's call to service for the neighbor. All of this has led me to this stage of my journey and I am ready and eager to meet you and see what God has in store for AHLC!"**

**Executive Board**

**Jim Persoon    President    persoonjrp@gmail.com    763-242-8041**

**Mary Kowitz    Vice Pres.    marykowitz@gmail.com    651-242-0538**

**Diane Allmendinger    Treasurer    dingers72@gmail.com    612-499-0707**

**Florence Rasmusson    Secretary    florden@gmail.com    651-253-5385**

A big thank you to everyone that helped with the church clean up.

**Thank you**

## Once a shooter, always a shooter?

Please read Luke 8:7-34, Acts 7:34-8:1 and 9:1-30

A recent article described Joseph's forgiveness of his brothers as the most important feature in that story. The book ONCE A SHOOTER emphasizes the effect on the brothers, redemption. That is the theme of the book. It is described thoroughly on pages 107 through 113.

A young man took a rifle and much ammunition into a high school and held hostages for two days. How many persons were killed or injured?" "What happened to the young man?" "Why did he commit such a terrible act?" Those questions and many more are answered by T.J. Stevens in his book ONCE A SHOOTER.

While Mr. Stevens was in prison he received a Bible and devotional literature, and attended chapel services. He considered himself similar to the demoniac described in Luke 8:34. He regained his right mind. Do you wonder why Jesus didn't allow the man to accompany him during the rest of his ministry? Mr. Stevens answer is on page 91.

He found other passages of scripture that helped him. He devotes pages 55 through 57 to a similarity in his mental condition and that of Saul (later to be renamed Paul.) Saul's experiences, described in passages from Acts, included blinding light. While holding hostages Mr. Stevens also experienced light and a hand that appeared, disappeared and reappeared. He interpreted that the light and the hand as God's way of communicating with him, because they eventually made a difference in his attitude and behavior. Details are the subject of pages 26 through 32.

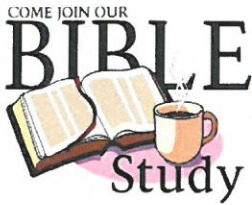
After being released from prison Mr. Stevens taught abused youngsters how to play the guitar as part of his parole responsibilities and to aid the youth in their rehabilitation. He acquired friends and began to be a positive contributor to society. He had changed his name and made no reference to his past. There is an incident in the book that could be considered humorous. It occurred at a gathering in which he was startled when a lady came into the room where he and several people were enjoying pizza and conversation. The lady exclaimed loudly "You are the one!" Mr. Stevens thought that she recognized him as a convict and ran from the room in terror. She pursued him and, after calming him, explained that ...." The result of that conversation won't be revealed in this article. A brief statement would not do justice to the next phase of Mr. Stevens' life and the impact that it had. That account begins on page 133 and continues throughout the remainder of the book.

Mr. Stevens was convinced that he should relate his experiences for the benefit of others that were also facing the distress of a regrettable past. This book and his appearance as a speaker at many occasions are his attempts to convince people that redemption is possible and that patience and understanding should be granted to those that need it.

ONCE A SHOOTER is available in the book shelf near the church office door. Please be prompt in returning it, and other books that you may have borrowed, so they are available to others.

Thanks. *Clair*





## Summary of The Book of John, Chapter 4

By Valerie Robertson-Osmundson

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Hello Bible Study friends! This month I will write about Jesus' conversation with the Samaritan Woman

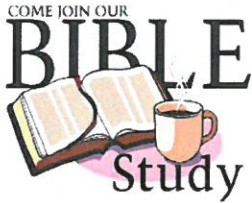
Perhaps one of the most appealing aspects of the life of Jesus is His one on one talks with people from all levels of society and spiritual beliefs. God certainly works in a variety of people and ways. In Chapter 3 we find Jesus talking to a well- respected, Jewish religious leader. In Chapter 4, Jesus is talking to a dis- respected, Biblically illiterate Samaritan woman. Could two people be more opposite? But in Jesus' mind, no one can rise so high, and no one can sink so low. Jesus can see the wounded hearts and spiritual needs of all people.

There was a long history of hostility between the Jews and the Samaritans. No respected Jew would go through Samaria. They would go around the territory, and yet Jesus deliberately went through Samaria to seek this woman out. Jesus was not exclusive! He included all! One wonders if Jesus was even trying to win this wounded woman's confidence by humbly asking for a drink of water from the well. Maybe it was a conversation starter so he could tell her that he also had water to give her. But Jesus was not speaking of water such as the spring water in Jacob's well. Jesus knew that her troubled soul needed the "Living Water" that He could give her.

When Jesus promises "Living Water", He is promising the Holy Spirit who re- freshes us continually and will never dry up. When we seek to only satisfy our physical and earthly pleasures, we can't stay totally satisfied. Earthly satisfac- tion may quench our thirst, but only for a short time. Afterwards emptiness and boredom quickly reappear. But to drink from Jesus' "Living Water" is to have our spiritual needs met. The soul's deepest thirst is satisfied.

What you are full of (joy, depression, love, etc.), it will certainly spill over and come out. This was certainly true for the Samaritan woman. The joy she felt after talking with Jesus, and realizing who He was, was like a spring bubbling over. She seemed to forget her physical thirst when leaving her jars behind to run back to the village to tell the people the good news. Out of the overflow of her heart, her story poured out to all who listened. The Samaritans then poured out from the city to meet Jesus who was still at the well waiting for them.

*Next page*



## Summary of The Book of John, Chapter 4

By Valerie Robertson-Osmundson

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Within every person is a thirst that can not be satisfied by anything or anyone less than God himself.

Psalm 42:1-2 says it best. "As the deer pants for flowing streams, so my soul thirsts for the living God."

So this is a brief summary of Chapter 4. Next month we will study Chapter 5. Read about Jesus' healing at the Pool of Bethesda. Here are a few questions to reflect on.

1. What was the first question that Jesus asked the disabled man? Why would He ask such a question?
2. How did Jesus challenge the disabled man?
3. Jesus healed on the Sabbath, which angered the Pharisees. What are your thoughts on the Sabbath controversy?

So read Chapter 5 with an open mind and open heart and have fun being inspired, sometimes confused, but always transformed. I'd love to hear from you!

Valerie Robertson-Osmundson

### **Pastoral Acts**

#### **Deaths**

Skaidrite Zarins died Jan 2

Service June 12, 2021

Shirley Strum died January 3, 2021

service held May 25, 2021

Dorothy Peterson April 1, 2021

service April 17, 2021

Marjorie Springer May 27, 2021

service June 3, 2021

#### **Baptism**

John Walkowiak May 9, 2021

**Confirmation** May 23, 2021

Jackson Miller

Cheryl Hollman

## Recipes from the heart

**Mostaccioli Salad contributed**

**by Sally Keller**

**1 pound cooked mostaccioli noodles**

**2-3 Roma tomatoes chopped**

**1-2 cucumbers chopped**

**1 cup frozen peas**

**\*Mix in separate bowl**

**1 cup white vinegar**

**1 cup sugar**

**1c oil**

**1tsp garlic powder**

**1 tsp salt and pepper**

**2 tsp dried onion flakes**

**2 tsp parsley flakes**

**Combine with noodle mix and chill.**

**BLT Salad contributed by Bubby Schaber**

**4 strips of bacon cooked and crumbled**

**6 cups of romaine torn,**

**1 tomato chopped**

**Mix 1 Tablespoon of barbecue sauce,**

**1/2 c Ranch Dressing**

**1/4 tsp of pepper**

**Cook 2 1/2 cups of bowtie pasta,**

**Toss together**



**Summer Corn Salad contributed by Sharon Hanson**

**5 teaspoons of olive oil      1 Tablespoon lime juice**

**1/2 t salt      1/4 t hot pepper sauce**

**1- 1/2 fresh or frozen corn      1 1/2 cup of cherry tomato halved**

**1/2 cup cucumber      1/4 cup finely chopped red onion**

**2 T minced fresh basil      1/4 cup feta cheese**

**Directions- small bowl whisk 4 t of oil, lime juice salt and pepper sauce; set aside**

**In large skillet, cook and stir corn in remaining oil over med heat until tender. Transfer to salad bowl; cool slightly. Add tomato, cucumber, onion and basil . Drizzle dressing and toss to coat**

**Let stand for 10 minutes before serving or refrigerate until chilled.**

**Sprinkle with cheese before serving. 4 servings.**

# Arlington Hills Lutheran Church

## Congregational Council Minutes

May 18, 2021

Members Present: Pastor Roger Hardy, Diane Allmendinger, Amy Adams-Westin, Anna Clarke, Karl Ebert, Tom Hanson, Ryan Henk, Mary Kowitz, Florence Rasmusson, and Linda Strohkirch Members Absent: Jim Persoon, Cindie Peterson, and Silvester Vicic.

1. Vice-President Mary Kowitz called the meeting to order.

11. **Devotions:** Mary Kowitz

111. **Consent Agenda:** Motion was made by Florence Rasmusson and seconded by Ryan Henk "to approve the Consent Agenda with the addition of two items under New Business: The Backpack Program, and Synod Assembly, and one correction, the next meeting will be June 15 instead of May 18 ". **Motion Passed.**

IV. **Finances (Allmendinger)** Income: \$21,963, Savings: \$19,130; Checking: \$20,025. Benevolence for January and February have been paid, and later in May, March and April benevolence will be paid. Further discussion of changes to the Dedicated Accounts will occur at the June meeting. A motion was made by Karl Ebert and seconded by Tom Hanson "to accept the Financial Report." **Motion Passed**

### V. Old Business

- **Dedicated Accounts (Kowitz)** All dedicated accounts are being reviewed. Some will be shifted into operating funds. A motion was made by Florence Rasmusson and seconded by Diane Allmendinger "to accept the Dedicated Accounts Fund report with the exception of those starred items." Further discussion will take place at the June meeting. **Motion Passed.**
- **Pastor Hardy's Final Report (Pastor Hardy)** Pastor Hardy read his report to the Council. He was thanked for his leadership during his time with us.
- **Year of Generosity (Rasmusson)** The theme for June is "Volunteering." An opportunity to volunteer at Church is being planned for the week of June 21. Areas that need cleaning out will be identified and members can volunteer to help during that week.

- **Interim Pastor** (Kowitz) Dr. Mitch Kinsinger will join us as interim pastor on July 6. He hopes to join us via ZOOM at the June Council meeting. Orval Osmundson will be doing pulpit supply for most of the time until Pastor Mitch can join us. Rolf Lowenberg-DeBoer, the Bishop's assistant in charge of interim ministry, will lead the service on June 27. Pastors from the other East Side Collaboration churches will be available in case of an emergency.

## V. New Business

- **Donations Disclaimer** (Kowitz) A draft of a statement about donations to the Church were reviewed. Karl Ebert will look into making some change to the language of the disclaimer and it will be reviewed at the June meeting.
- \* **Backpack Program** (Linda Strohkirch) Linda will contact the organization for more details and give a report in June.
- \* **Synod Assembly** (Pastor Hardy) Pastor Hardy and Joy Tkachuck represented our church at the meetings. Information about the meetings can be found at the St. Paul ELCA synod website.






## VI. Next Meeting/Assignments

- Next Meeting is June 18, 2021, 6:30 PM
- Opening and closing prayer: Florence Rasmusson

VII. Closing Prayer (Kowitz)

IX. Adjournment

# JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>27</p>  <p>Online Worship</p> <p>Pulpit Supply Rolf Lowenberg-DeBoer preaching  <b>9:30 AM</b> Holy Communion with Pastor Orval  <b>11:30 AM</b> House of Praise Worship</p>	<p>28</p>	<p>29</p> 	<p>30</p>	<p>1</p>	<p>2</p>  <p>Are We There Yet?</p> <p>Office Closed</p>	<p>3</p> 
<p>4</p>  <p><b>4<sup>TH</sup> JULY</b>  <b>Independence Day</b>  <b>9:30 AM</b> Worship Service with Holy Communion  <b>11:30 AM</b> House of Praise Worship</p>	<p>5</p>  <p>CHURCH OFFICE WILL BE CLOSED</p>	<p>6</p>  <p><b>WELCOME OUR NEW PASTOR</b>  <b>10:00 AM</b> WMA Meeting</p>	<p>7</p> <p><b>12:00 PM</b> Staff Meeting</p>	<p>8</p> 	<p>9</p> <p>Office Closed</p>	<p>10</p> 
<p>11</p>  <p><b>SUMMER FUN</b></p> <p><b>9:30 AM</b> Worship Service with Holy Communion  <b>11:30 AM</b> House of Praise Worship</p>	<p>12</p> 	<p>13</p>	<p>14</p>  <p><b>12:00 PM</b> Staff Meeting</p>	<p>15</p>	<p>16</p>  <p><b>See You Sunday!</b>  Office Closed</p>	<p>17</p>
<p>18</p>  <p><b>HAPPY BIRTHDAY</b></p> <p><b>9:30 AM</b> Worship Service with Holy Communion  <b>11:30 AM</b> House of Praise Worship</p>	<p>19</p>  <p><b>Newsletter DEADLINE</b></p>	<p>20</p>  <p><b>COUNCIL MEETING</b></p>	<p>21</p> <p><b>12:00 PM</b> Staff Meeting</p>	<p>22</p>  <p><b>DON'T TAKE A VACATION FROM CHURCH</b></p>	<p>23</p> <p>Office Closed</p>	<p>24</p>
<p>25</p>  <p>Online Worship</p> <p><b>9:30 AM</b> Worship Service with Holy Communion  <b>11:30 AM</b> House of Praise Worship</p>	<p>26</p>	<p>27</p> 	<p>28</p> <p><b>12:00 PM</b> Staff Meeting</p>	<p>29</p> 	<p>30</p> <p>Office Closed</p>	<p>31</p>  <p>Rejoice in hope,  be patient in tribulation,  be constant in prayer.  Romans 12:12, 13</p>



**Arlington Hills Lutheran Church**

**Interim Pastor Dr. Mitch Kinsinger**

**Organist: Barbara Rossow**

**Admin.: Cheryl Hollman**

**Phone: 651-771-5501**

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**OUR MISSION:** "To Spread the Good News of Jesus Christ to all in word and deed."

**OUR VISION:**

"Arlington Hills Lutheran Church community a Beacon for the Kingdom of Jesus Christ."

Companion Congregation – Idegenda,,  
Tanzania